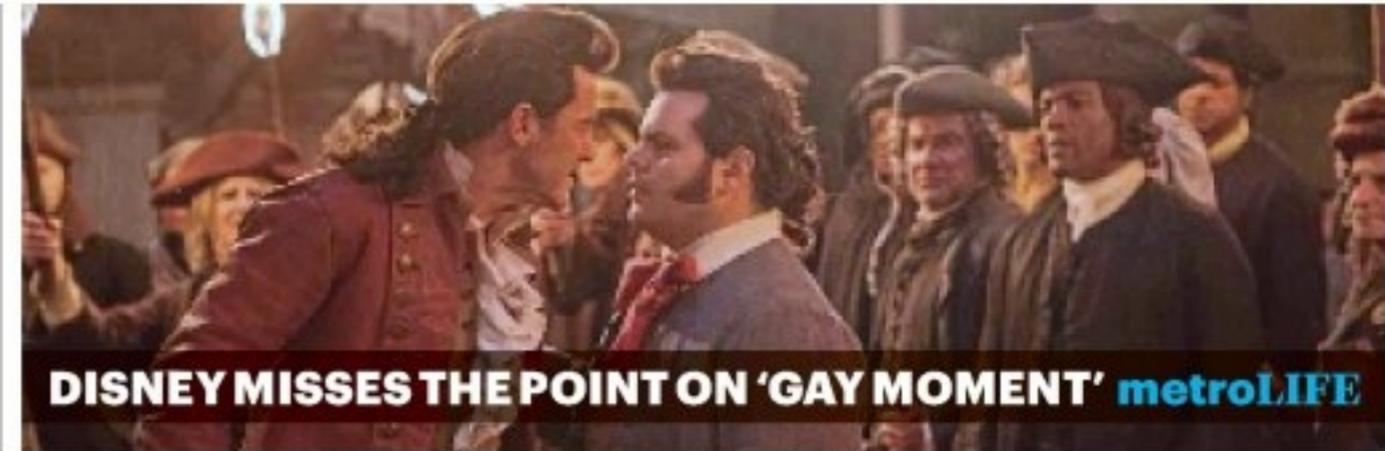


**'I do not believe
in spoilers'**



At this point, there is just too much culture.
We can't tiptoe around plots **metroVIEWS**



DISNEY MISSES THE POINT ON 'GAY MOMENT' **metroLIFE**

Halifax **metr**



Your essential daily news | WEDNESDAY, MARCH 15, 2017

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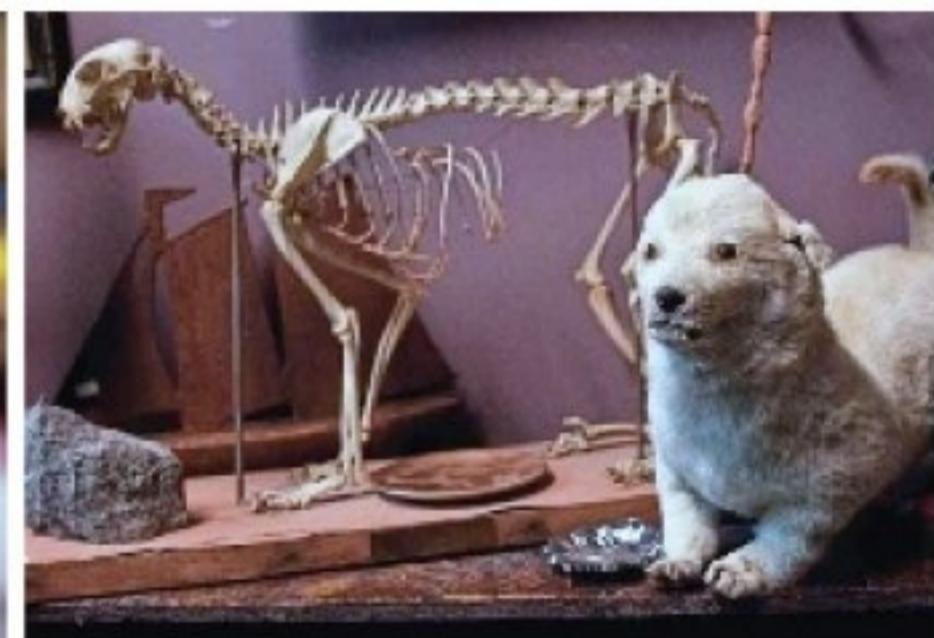
Plan B should be plan A

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GUINNESS-Y



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Quirky co-op provides
template for small business,
writes Tristan Cleveland
metroNEWS



JEFF HARPER/METRO



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Retro heaven on Gottingen Street

Plan B is a merchant co-op that welcomes not only those who want to buy vintage finds, but the people who want to sell them. What started out as one man's way to clean out his home has turned into an accidental success story for startups.

TRISTAN CLEVELAND FOR METRO HALIFAX

One of our country's biggest problems has been solved in a little store on Gottingen Street and hardly anyone has noticed.

When I walked into Plan B, I found art, taxidermy, records, chemistry tubes and a giant Batman spotlight. It can sell this crazy diversity of things because it isn't one business: it's 65.

Starting a business can cost tens of thousands of dollars and take every moment of your time. Too often, only the wealthy or those willing to lose everything can risk it. How vibrant could Halifax be if everyone with a good idea could just give it a try?

That's what Plan B has made possible.

It's a "merchant co-op" where anyone can rent space to hawk their wares for as little as about "the cost of a pizza and a beer" per month, according to their president, Bob Chiasson. No down payment, insurance, permits, equipment, renovations or employees.

Members take turns working the cash, so "you can still work a day job if you need to, or get or make new stock."

Chiasson had no idea the co-op would become so diverse. It started as an answer to a simpler problem.

"I'm what you call a late stage 3 hoarder," Chiasson started collecting odds and ends to use as props for his work in the film industry, but



I'm what you call a late stage 3 hoarder.
Bob Chiasson

When Bob Chiasson started Plan B Merchants Co-op with friends, he never expected it to turn out to be a small business incubator.
INSET: The vintage fashion section. JEFF HARPER/METRO

it got so out of hand, "I had seven storage units and two houses full of stuff."

So he decided to open an antique shop. Trouble was, he didn't have nearly the money for the startup costs.

While commiserating with some other friends over a beer who were in similar straits, it hit me. One of them wants to do used records, one of them wants to do vintage clothing, someone else wants to do used

books."

"Oh my God," he realized, "we could open a department store of vintage retro." Together they could afford it, especially if they took turns running the shop.

But what it could mean for other small business was a surprise. "This was completely out of the blue, that we would turn out to be a small business incubator."

Six businesses that started

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SPACE

Canso chosen for rocket launch site

A small rural community on Nova Scotia's eastern coast could soon be the launch site for satellite-carrying rockets.

Maritime Launch Service Ltd., says it has committed to establishing a launch complex near Canso and Hazel Hill.

The company says it chose the location in Guysborough Municipality after an assessment of 14 potential locations across North America.

Once completed, the site would be used to launch the Ukrainian-built Cyclone 4M rocket into space.

The company says the Ukrainian provider of the rocket, Yuzhnoye and Yuzhmash, has been in operation

400

Number of spacecraft the Ukrainian provider of the rocket, Yuzhnoye and Yuzhmash, has built and launched in the 62 years it has been in operation.

for 62 years and has built and launched over 400 spacecraft.

CEO John Isella says the company is optimistic it can break ground on its new facility within a year and meet market demands with a first launch in 2020.

THE CANADIAN PRESS



Artist's rendering of the Ukrainian-built Cyclone 4M rocket that will be launched from the Nova Scotia site once completed. THE CANADIAN PRESS

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Man charged in Sudds homicide in court

CRIME

Whynder arrested in B.C. after four-year investigation



Cody McEachern
For Metro | Halifax

A man charged for the murder of Matthew Sudds made his first appearance in court Tuesday morning.

Ricardo Jerrel Whynder was brought into Halifax provincial court in cuffs for his first appearance related to the 2013 homicide, and a later date was set for him to return with his lawyer.

Whynder was arrested last Friday in Surrey, B.C. after a four-year investigation into the death of 24-year-old Sudds.

"Sometimes these things take a long time and evidence comes up over the years. That is exactly what happened here," Crown attorney Rick Woodburn said outside court.

"After a lengthy investigation, police did a good job finally putting the case together and presenting it to the Crown to move forward with the charges."

Woodburn was not able to comment on the specifics of the case, or evidence the Crown had, but did note in cases like this, it is quality over quantity.



Ricardo Jerrel Whynder, 32, appears in Halifax provincial court on Tuesday, charged with first-degree murder in the 2013 killing of 24-year-old Matthew Thomas Sudds. ZANE WOODFORD/METRO

+ NEXT DATES

Ricardo Whynder's next appearance is scheduled for March 24.

agree has more planning, deliberation."

Police found Sudds' body in a ditch on Africville Road on

Oct. 14, 2013. In April of the following year, the Department of Justice added the case to its provincial rewards program, with anyone who provides information to police that led to an arrest or conviction receiving up to \$150,000.

Defence lawyer Ian Hutchinson declined to comment on the case.

WITH FILES FROM ZANE WOODFORD

DARTMOUTH GENERAL

Tender issued for hospital expansion

Construction work will be underway at the Dartmouth General Hospital in May.

On Tuesday the province issued the first tender for construction services at the hospital. The expansion and renovation is part of the QEII redevelopment project.

In a media release, the province said the tender is for site services, excavation, underground services, foundations and structural concrete for the new addition and a new emergency generator building.

It also includes renovation of the loading dock area, elevators for the new addition and relocation of the bulk oxygen storage tanks.

The expansion and renovations at the Dartmouth General

will create space for 48 beds on the fifth floor plus eight new operating rooms to replace four existing operating rooms. It will also include extensive upgrades to outpatient and diagnostic imaging areas.

This is in addition to work already underway on the third and fourth floors.

The deadline for tender submissions is April 13.

Additional tenders for construction services will be released later this year.

This construction is expected to begin in May.

The province said the cost estimate for the entire Dartmouth General Hospital project remains between \$132 million and \$138 million.

METRO

CRIME

Three men in custody after gunshots fired

Police have three men in custody after a complaint of numerous gunshots in North Preston early Tuesday morning.

RCMP say they got a call just after 1 a.m. about shots fired at a home on Cain Street. No one was injured.

Police say they tried to stop a vehicle leaving, but the driver refused to pull over. They followed it and saw a firearm thrown from the window. They say the vehicle eventually stopped on the Forest Hills Extension just before Highway 118.

Police found two firearms on the side of the road and seized both.

METRO



A baby rhinoceros gets cosy in one of the blankets donated to Blankets for Baby Rhinos at the Thula Thula Rhino Orphanage in South Africa. COURTESY THE THULA THULA RHINO ORPHANAGE

Rhinos & elephants blanketed with love

CONSERVATION

Initiative helps baby animals in Africa affected by poaching



**Yvette
d'Entremont**
Metro | Halifax

It's a long way from Nova Scotia to South Africa, but Nadine Ferguson is doing her part to help baby rhinos and elephants orphaned by poachers.

The Middle Sackville resident recently became involved with grassroots organization Blankets for Baby Rhinos. The international initiative encourages people to donate blankets for orphaned baby rhinos and elephants.

Ferguson said although it has only been a few days since she put the call out on social media, offers are already coming in from people interested in knitting, crocheting or sewing

blankets in addition to donating supplies or funds.

"There really isn't a main coordinator for Canada, and I said I certainly don't mind and have fallen into this role the last few days," she explained.

"I can't be in Africa on the ground stopping poachers, but the babies that are orphaned by their moms being poached are often distressed and need some warmth and comfort. The blankets are made all over the world and they're transported to South Africa through various networks."

Freight company Western Logistics has agreed to transport the blankets for free from Halifax to Toronto, where they'll be flown to the Thula Thula Rhino Orphanage in South Africa. Some blankets may also make their way to the David Sheldrick Wildlife Trust in Kenya.

Ferguson hopes to be able to start sending blankets to Africa next month.

"I'll take blankets from any of the Atlantic provinces and central Canada if necessary and work on getting them here and

then to Toronto," she said.

Volunteers knit or crochet full blankets or 8 x 8 inch squares that can be made into larger blankets. "No matter how big or small any contribution is welcomed. We're also looking for anybody with leftover yarn or knitting supplies that they don't want," she said.

A lifelong animal lover who also volunteers with Freedom Drivers and other local animal welfare initiatives, Ferguson said it's important to lend a hand wherever it's needed.

"I think our hearts should be big enough to help them all, and if we don't do something about the rhinos and elephants, there won't be any left," she said.

"The support I've had so far is overwhelming and I'm very thrilled to be a part of this."



TAKE PART

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Rebate program falling short

ECONOMY

Subsidy drive sees just one in three jobs materialize

Just one in three potential jobs announced by Nova Scotia's economic development agency through its payroll rebate program actually materialized over the past four years, a figure rekindling debate over the impact of the incentives.

Data covering April 1, 2013, until mid-February this year show 2,176 people were hired out of the possible 6,575 approved for subsidies in that time frame — 33 per cent of those possible among companies that had active files in the time period.

For example, when Conifer Financial Services qualified for a rebate over seven years ago, the news release headline said: "International financial services firm chooses Nova Scotia for growth."

The firm qualified for rebates worth \$5.2 million if it



Nova Scotia Business Inc. president and CEO Laurel Broten (above) says payroll rebates keep N.S. in contention in attracting businesses to the province. THE CANADIAN PRESS/FRANK GUNN

created up to 350 jobs over seven years, and a senior executive said Halifax was among its fastest-growing locations.

But three years in, the company had hired just 23 people

out of a possible 100 by that date, according to the database.

Similarly, the economic development agency announced three years ago that information technology giant CGI

Group Inc. could earn almost \$11 million in incentives if it created 450 new positions over seven years.

The most recent update for 2014-15 had the company cre-

ating 11 of 200 possible jobs up to that year, just over the minimum required to qualify for any subsidies. The company didn't respond to a request for comment.

Of the 62 firms on the government's list, three exceeded the job targets, but there were 22 that didn't list any jobs created under the program.

Laurel Broten, chief executive of NSBI, says the unused money remains in the public treasury, and the incentives — averaging about eight per cent of salaries — are only paid out from public coffers after an audited statement shows the positions were created and tax revenues received.

The agency has budgeted between \$10 and \$12 million annually for the incentives for the past three years, and the chief executive says that's about half of what is available annually to the firms under the program.

"This is a tool that protects the public money in a way

that doesn't have you outlay cash and then have no jobs," she said.

She also says there is tough competition from other Canadian provinces and international locations to attract companies such as the Royal Bank of Canada, and the rebate incentives keeps N.S. in contention.

However, economist Philip Leonard, who teaches at University of New Brunswick, says he's dubious about the effectiveness of

the rebate programs.

"It's an unknown. How many times do you think a company would have located in the Maritimes anyway, and then as they come in realize there is a program and say, 'We might as well get it too?'" said Leonard, who has background evaluating federal government programs.

The money allocated for salary rebates could also go to lower taxes for business or improve government services, he said. THE CANADIAN PRESS

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POLITICS

On March 14, Metro ran an incorrect version of a story on survey results related to provincial politics in 2016 from Corporate Research Associates. In fact, numbers show Liberal support at 44 per cent, down from 56 per cent in November 2016. Visit metronews.ca for the full survey results.

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Elmi and Sharmarke met while walking to Emerson, Man. and are now staying at the Winnipeg Salvation Army as they await their refugee board hearings. JESSICA BOTELHO-URBANSKI/FOR METRO

The small comforts of home

ASYLUM SEEKERS

Somali men share their journey amid game of *Ladu*

 **Jessica Botelho-Urbanski**
For Metro | Winnipeg

For refugee claimants arriving in Winnipeg, a board game made out of a bed sheet brings comfort while they stay at a homeless shelter.

Elmi, 35, and Sharmarke, 29, fled Somalia separately and met while on route to Emerson, Man. on March 1.

The Manitoba border town has seen more than 200 asylum seekers arrive since Jan. 1, according to data provided by the RCMP last week.

Elmi and Sharmarke are now staying temporarily at the Salvation Army Booth Centre, where as many as 90 refugee claimants have stayed per night since mid-February. That's the maximum number the Salvation Army can handle space-wise, said spokesman Sgt. Rob Kerr. Those staying at the homeless shelter have sketched a game called *Ladu* onto a bed sheet in pen.

The sheet is strewn across the dining room table in the second-floor common area.

The object of the game, they explain, is to move all your tokens around the board and find safety at the centre. You roll the dice (in this case, inside a plastic water bottle lid à la Yahtzee) and then move the allotted number

ACTION

The Immigration and Refugee Board is doing its best to cope with a growing number of asylum claims in Canada, but the federal Liberals must take action as well, the head of the IRB says.

of spaces while trying to evade your opponents.

"If we stayed in the United States, we don't have visas for the United States because of the new President Trump. That is why I run — because Donald Trump will do deportation," said Sharmarke during a *Ladu* game Friday. Asked if they spent much time in the U.S. before heading north, Elmi said he spent a "long time" in a detention centre in Nebraska. "Five hundred days," he repeated thrice for emphasis.

Not wanting to get detained, Sharmarke said he fled Minneapolis, Minn. after four months.

Now the former tomato and corn farmers want to move to Toronto, where Canada's Somali population is most concentrated.

Still, they have many questions about their new homeland: What's the name of the river? How long is it? Where's the hottest place in Canada? As for this latter question, they would like to move there because they hate Winnipeg's snow.

Elmi wins the 40-minute round of *Ladu*, while a half-dozen refugee claimants sit in the adjoining living room. They're watching Public Safety Minister Ralph Goodale talk about their border crossings on TV.

CRIME

Islamophobic incidents on the rise nationwide

 **Ryan Tumilty**
Metro | Ottawa

From a man shouting at Muslims on a OC Transpo bus, to a deliberate fire at a Toronto mosque, to the shooting death of six men at evening prayers in Quebec City, the National Council of Canadian Muslims is tracking a worrying upward trend in hate incidents.

The council, which has been tracking Islamophobic incidents

across the country for five years, has recorded 20 incidents in 2017 so far, up considerably from the same time frame a year ago.

"Last year around this time we had 10 incidents of Muslim hate," said Sehrish Amjad, a human rights officer with the NCCM.

In total, the NCCM recorded 65 incidents in 2016 up from 59 in 2015. In all of 2014, they recorded 23 incidents and in 2013 they recorded just 12.

Amjad said some of the rise

NUMBERS

Islamophobia incidents reported to the NCCM:

| |
|-----------|
| 2017 - 20 |
| 2016 - 65 |
| 2015 - 59 |
| 2014 - 23 |
| 2013 - 12 |

could be due to more reporting, but they believe U.S. President Donald Trump's divisive rhet-

oric is also fuelling the increase.

"It's hard to say for sure, definitely it may be the case that people are reporting more, but we know hate crimes are still one of the most underreported types of crimes."

She said the incidents the NCCM tracks are reported to them, but are also confirmed with police or media reports.

"It shows that Islamophobia is an issue in our society and it needs to be condemned and it needs to be studied."



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Trump set to roll back climate protections

ENVIRONMENT

Advocates fear assault on green laws and regulations

President Donald Trump is moving to roll back another one of his predecessor's strict environmental policies, setting up a possible dilemma for Prime Minister Justin Trudeau and again demonstrating his intention to free big companies from regulations on pollution and climate change.

The early words and deeds from Trump and his Environmental Protection Agency chief have provoked deep alarm among environmental advocates, who fear an unprecedented and world-damaging assault on green laws and rules. Tuesday validated their fears, and the week might get worse for them yet.

Trump's plan to abandon a Barack Obama commitment on car standards was announced by a White House official in the



Scott Pruitt is sworn in as the Environmental Protection Agency Administrator in Washington on Feb. 17, 2017. THE ASSOCIATED PRESS

evening. Seven hours earlier, the Axios news website reported that the administration was discussing EPA cuts even deeper than the 25-per-cent cut it has already floated.

In between, Bloomberg reported that Trump is planning to sign a "sweeping directive" that would not only begin the process of lifting Obama's restrictions on coal leasing and

emissions from power plants but also "dramatically shrink the role climate change plays in decisions across the government."

"In terms of our overall environmental program, both domestically and globally, I don't think there is any threat that has occurred since the creation of the Environmental Protection Agency which is so severe. I think this is perhaps the sin-

gular most important crisis so far in the 50-year-or-so history," said Walter Rosenbaum, a Florida environmental scholar who served as a special assistant at the EPA in the early 1990s.

Trump's EPA chief, Scott Pruitt, caused an uproar when he said he did not believe carbon emissions are the main driver of global warming, though they are. And a draft Trump budget would slash U.S. funding for Great Lakes restoration from \$300 million to \$10 million.

Trump has long rejected science on global warming. And he has made no secret of his disdain for the assertive Obama-era environmental policy many Republicans call improper overreach.

In one of Trump's first moves in office, he issued an order to pave the way for the approval of the Keystone XL oil pipeline. In February, he ordered the replacement of an Obama clean-water rule opposed by farmers.

He has not yet decided what to do on the global Paris climate agreement he promised to "cancel." TORSTAR NEWS SERVICE

LEAK

President's tax returns from 2005 released

The White House said Tuesday that President Donald Trump made more than \$150 million in income in 2005 and paid \$38 million in income taxes that year.

The acknowledgement came as MSNBC host Rachel Maddow said she has obtained part of Trump's 2005 tax forms, and prepared to discuss the document on her show.

The records have become highly sought-after because Trump refused to release his returns during the campaign. He claimed he was under audit by the Internal Revenue Service and said his attorneys had ad-

vised against it.

The White House pushed back pre-emptively Tuesday night, saying that publishing those returns would be illegal.

"You know you are desperate for ratings when you are willing to violate the law to push a story about two pages of tax returns from over a decade ago," the White House said.

The unauthorized release of federal tax returns is a criminal offence. But Maddow argued that MSNBC was exercising its First Amendment right to publish information in the public interest.

THE ASSOCIATED PRESS

GLOBAL DIGEST

Fight against online hate

Germany's justice minister is proposing fines of up to 50 million euros (\$53 million) for social networking sites that fail to swiftly remove illegal content, such as hate speech or defamatory "fake news." The plan marks a further step in Germany's attempt to impose its domestic laws against incitement on the world of online chatter. AP

Anti-headscarf ruling facing criticism

Private businesses in Europe can forbid Muslim women in their employ from wearing headscarves if the ban is part of a policy of neutrality within the company and not a sign of prejudice against a religion, the EU Court of Justice said. Such a ban doesn't constitute "direct discrimination." Critics voiced fears that the decision risks becoming a setback to all working Muslim women. AP

IDLIB

Syrian military deliberately bombed school, report says

A UN investigative commission said Tuesday it believes government forces deliberately bombed a school complex in the country's northern countryside in October, killing 21 children, in a scathing report on crimes committed over the last seven months of the Syrian war.

The UN's Independent International Commission of Inquiry on Syria said government forces and their allies had shown a "complete disregard for civilian life and international law" through continued use of cluster munitions, incendiary weapons and chlorine gas as weapons of war. It also fingered an al-Qaida-aligned insurgent group fighting on the side of Syria's rebels and a U.S.-backed Kurdish group for conscripting adolescents for combat.

The commission said the Oct. 26 attack on the Haas village school complex in the rebel-held

province of Idlib constituted a war crime. It said the Syrian air force is the only one known to operate the jets identified in the attack, which was widely reported at the time.

The findings came the same day that a Physicians for Human Rights report accused the Syrian government of wilfully denying international shipments of food and medicine to millions of Syrians in besieged areas.

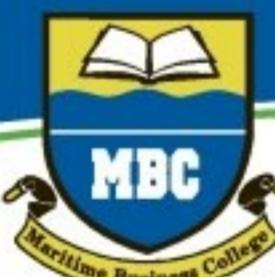
The Syrian government and its ally Russia maintain they are fighting terrorism.

THE ASSOCIATED PRESS



A Syrian girl stands in front of her damaged school, in Idlib, north Syria. A UN commission said Tuesday it believes government forces deliberately bombed a school in the country's northern region in October, killing 21 children.

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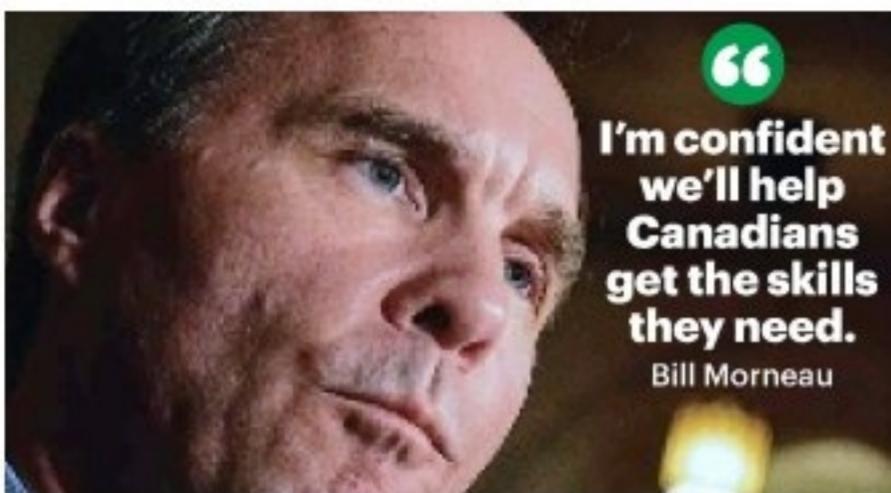
Upcoming Sale: April 29th, including items from the Estate of Abe Leventhal

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Hopes high for job-skills help in budget



EMPLOYMENT

Students need real-life work experience, advocates say

Expectations are running high that next week's federal budget will provide a more detailed federal strategy — and perhaps more cash — to help post-sec-

ondary students land real-life work experience in emerging, employee-starved fields.

In last year's budget, Ottawa committed \$73 million over four years to fund an initiative aimed at ensuring that what's being taught inside the classroom is better aligned with the tech-related needs of the job market.

The government plans to launch the program this year — and advocates will be watching

the March 22 budget for signs of a framework.

"Students today want to get their hands dirty as part of the university experience," said Universities Canada president Paul Davidson.

Last year, the government set aside money for new co-op placements and work-integrated learning in anticipation of a program to encourage participation in "high-demand fields," such as science, technology,

engineering, mathematics and business.

Finance Minister Bill Morneau's second budget comes amid growing awareness that a wide range of today's jobs will eventually be replaced by the rapid advance of new technologies, such as automation and artificial intelligence. Job skills will be "one of the key areas of focus" in the budget, Morneau said last week.

THE CANADIAN PRESS

PRIVACY

Sex-toy maker settles intimate data lawsuit

A Canadian vibrator maker accused of secretly tracking the intimate habits of thousands of its customers through a smartphone app has agreed to spend \$5 million US to settle a privacy lawsuit in the United States.

Under the deal, Ottawa-based Standard Innovation will pay Americans who bought its We-Vibe sex toy before Sept. 26, 2016, up to \$199 US each. Users who controlled the vibrator via its We-Connect application will get up to \$10,000 US each — although the actual amounts in both cases are likely to be much lower.

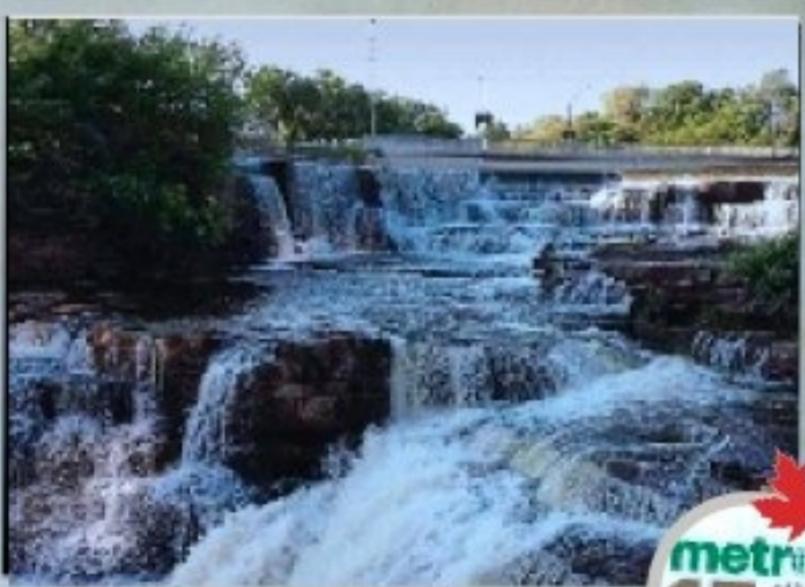
The company, which denies any wrongdoing, will also have to destroy much of the personal data it had collected through the app. The data includes time and date of use, the user-selected vibration intensity level and pattern and the temperature of the device, according to court documents.

Company records indicate about 300,000 people bought a Bluetooth enabled We-Vibe product and more than 100,000 downloaded and used the app, an affidavit by the plaintiffs' lawyer, Eve-Lynn Rapp, states.

THE CANADIAN PRESS

150 WAYS of looking at Canada

POSTCARD NO. 43 MISSISSIPPI FALLS, ALMONTE, ONT.



THESE ARE THE MISSISSIPPI FALLS IN BEAUTIFUL ALMONTE, ONT. THEY RUN ALONG MOST OF THE TOWN, GENERATE ENERGY AND THE BARLEY MOW HAS A GREAT PATIO OVERLOOKING THE FALLS. JESSICA AMICO

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Each day until July 1, Metro will feature one reader's postcard in our editions across the country, on Metronews.ca and our 150postcards Instagram page. Get involved by sending us a photo of your favourite place in Canada along with 25 to 50 words about why that place is special to you. Email us at scene@metronews.ca or post to Instagram or Twitter with the hashtag #150postcards.

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JESSICA ALLEN ON PALTROW AND PSEUDOSCIENCE



Gwyneth Paltrow looks pretty great in a red bikini on the April issue of Women's Health. But wherever the Goop founder goes, she is not only followed by cold-pressed juice and bergamot-cedar incense, but also controversy.

People, including those in the medical community, are outraged not because one of the bolded cover lines "Get. Her. Abs." in "just 3 moves" is a flat-out lie (tried it), but on account of an interview with the wellness guru titled "Gwynenergy!"

How could a magazine with the word 'health' in it promote a person who promotes decidedly unhealthy things — like vaginal steaming, and questionable practices like cupping — and not even hold her to account for her medically unsubstantiated beliefs?

There is literally an entire book dedicated to Paltrow's peddling of pseudoscience: Timothy Caulfield's *Is Gwyneth Paltrow Wrong About Everything?: When Celebrity Culture and Science Clash*. The professor of health law and science policy at the University of Alberta recently told Gizmodo: "It's disappointing that a magazine called 'Women's Health' is embracing this science-free nonsense!"

The thinking goes: They should've known better. But maybe we should have, too.

For starters, a high school student could find the red flags: first, the interview was conducted by Paltrow's employee, Jean Godfrey-June, Goop's beauty director. No wonder she didn't press her boss on the vagina steaming. And that it reads like an advertorial hawking Goop's new line of supplements.

Second, in the interview's sidebar, titled "What's supp, doc?," an MD evaluates those supplements. But the doctor dabbles in so-called functional medicine, a controversial form of alternative medicine whose

How could a magazine with the word 'health' in it promote a person who promotes decidedly unhealthy things, like vaginal steaming?



Paltrow graces the April cover of Women's Health, angering some who say she is peddling pseudoscience with her Goop brand. AP

most famous practitioner, Mark Hyman, regularly appears on The Dr. Oz Show.

"Gwyneth and Goop do push things like real food, sleep and exercise, which is fantastic," Caulfield told Gizmodo. "But it is always wrapped in a blanket of pseudoscience."

Buy the \$72 scented candle, the \$195 Energy Clearing Kit that includes a feather fan and "1 shungite stone," and detox everything from your body save for your soul. But be weary of the Goop interview with a doctor who says: "I have yet to see an autoimmune disease that cannot be cured or put into remission by simple dietary changes and supplementation." (Tell that to my mother, who has Lupus.)

And since when did we consider Women's Health an arbiter of health science? Thirteen pages after Paltrow's "interview," a spread called "Practical Magic" provides tips on how women can tackle their health and beauty all in one go: facials plus healing crystals, laser hair removal

and Reiki. It makes another cover line on the issue, "How to Spot Fake Health News," all the more ironic.

Women's Health, whose founding editor was formerly of Teen People, is not a health journal. They promote alternative medicines, like acupuncture and chiropractics, and fad diets and workouts — think bone broth and Mama June's routine. So to feign shock over an interview in which Gwyneth says she wants to get to the bottom of why women are so exhausted (I have a few theories) and why she is "really interested in the impact of heavy metals and parasites on our bodies," seems pretty rich.

But things get richer. Compare the two April covers of Women's and Men's Health. Both target weight loss and how to get a ripped bod. Women get a "Sexy, Easy Hair" cover line and men get: "Lean, Tough, Fit!" Women get that spread on Goop's new supplements and men get a special report on "Is your supplement toxic?"

It's a solidly scientific topic.

Medical studies, op-eds and reporting brought the issue of Big Vitamin taking on regulators to light. You couldn't pick up a paper or turn on a TV in 2013 without reading about not just the ineffectiveness of vitamin supplements but also their inherent dangers.

Pseudoscience is pushed on women all the time in the most inauspicious places. Take Saks Fifth Avenue's glossy Spring 2017 catalogue: Women are treated to a five-page spread on what jeans you should buy based on your zodiac sign, which lead me to ask two questions: How are men supposed to know what style of denim to wear? And why are they always targeting us with this garbage?

I can't answer the first question. But the second is obvious: we buy into it. Recent polls suggest that more women than men believe in astrology, take vitamins and supplements, and put stock in alternative medicines. But that for decades the media has hocked pseudoscience to women specifically makes the practice more complicated.

It's easy to laugh at Sean Spicer for not being media-savvy enough to know that The Onion is a satirical website. But whose fault is it if Gwyneth on the cover of a women's health magazine doesn't sound any alarms? Who's to blame for the orgasm-improving \$60 jade eggs that you stick into your vagina selling out on goop.com? For the 4,000-strong waiting list to secure one?

I'd like to blame the patriarchy, but I don't think it holds much sway over Goop. And even if the patriarchy came before the jade egg, I don't blame Gwyneth. She's just the messenger.

Jessica Allen is the digital correspondent on CTV's The Social.

VICKY MOCHAMA

Spoiler alert: It's your fault for not keeping up, not mine

Whether it is Romeo and Juliet, Harry Potter or the video for Call Me Maybe, I do not believe in spoilers.

A spoiler is a plot point that tells you how a story's narrative progresses or ends. For example, knowing the line "I see dead people" is kind of a spoiler for the movie The Sixth Sense.

Among civilized people, you're not supposed to spoil the plot. Tell someone that Matthew dies in Downton Abbey and you end up yelling at them that it aired five years ago while they pout about it. Half a decade apparently wasn't enough time for them to get caught up on a season three plot-point in a six-season TV show. Spoiler alert: the show goes on without him.

You can't talk about any cultural touchstone without providing a spoiler. I was describing Carmen, the opera, to someone when I found myself saying, "Spoiler alert: Carmen dies." Carmen has been performed at least a dozen times (give or take) since it debuted in 1875. Believe me, it ruins nothing of Bizet's magnificent score to say Carmen meets her end. Also, it's an opera: someone important has to die. It's opera law!

I find that as long as you don't tell people how and in exactly what order, the knowledge of the plot can actually increase the story's enjoyment. In 2011, researchers at UC San Diego found that people still



enjoy texts even when they know major plot points and how the story end. Their research found that participants actually enjoyed stories more when the plot had been spoiled for them.

Knowing the ingredients of a meal doesn't ruin it for you; rather, it gives you some flavours to look forward to.

And at this point, there is just too much culture. We can't tiptoe around plots because other people were "busy" at their "jobs" or whatever. Sometimes you just have to say: The world doesn't end in X-Men: Apocalypse.

Writers have some responsibility. In 2008, culture news and criticism website Vulture established its own statute of limitations for spoilers: it allows for unmarked spoilers in the text of an article on the Monday after a movie opens, but writers have to wait a month before putting spoilers in headlines. There are different rules for books and reality TV shows.

All of that is way too complicated. For my personal policy, however, I'll be reasonable. I will give you 24 hours. If within 24 hours, you have not viewed, read or listened to a piece of culture then you have not made it a priority.

Being into culture is a lot like texting while dating: if you don't get to it within a day, you were never that into it.

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Disney late to the ball on equality

CULTURE

'Gay moment' in Beauty and the Beast falls short for many

Jonathan Forani
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There's a moment at the end of Disney's live-action remake of *Beauty and the Beast* where the villain's chubby sidekick LeFou starts dancing with a man in drag. Though it lasts only a few seconds, it's been called a watershed moment for the entertainment conglomerate, and LeFou has been dubbed "Disney's first gay character."

Just as swiftly, it was ruled "adults-only" material in Russia and an Alabama drive-in declared it wouldn't screen the film. But even non-homophobes don't like it.

If LeFou's errand is to be the champion of the "love is love" generation of marriage equality and LGBTQ rights, for many Disney watchers he has not only failed, but is proof gay characters still can't crack the mainstream without a tired old stereotype being applied. For some, a bad representation is worse than no representation at all.

"At this point in 2017, praising a large corporation for doing the least possible in terms of including LGBTQ characters is a bit ridiculous," says Jنسine Jones, a Toronto podcaster who identifies as queer.

The film's openly gay dir-



LeFou, played by Josh Gad, (right) with leading man Gaston, played by Luke Evans. CONTRIBUTED

ector Bill Condon called it "a nice, exclusively gay moment" in an interview with *Attitude* magazine.

As characters gather for the ballroom celebration scene, LeFou begins dancing with a woman. Soon he transitions into the arms of a man named Stanley, who we met earlier when Stanley and two other men are suddenly clothed in dresses and makeup by an enchanted wardrobe. The other men are aghast, but Stanley smiles, delighted with the cross-dressing.

In the ballroom, LeFou and Stanley don't back away from each other, instead they continue to dance.

"It's a little too late, and a little too little, but it's better than nothing," says Nicholas Sammond, an associate professor of cinema studies at the University of Toronto. Though the small mo-

ment has caused a "hullabaloo" online, it's the hullabaloo that counts, he says.

"As with many things Disney, the conversation around it is probably as important as the event itself," says Sammond. "Particularly as we enter the era of Trump, it's good to have conversations about the degree to which representations of gay characters are positive and move us toward a more inclusive society."

That was the discussion in 2009 surrounding Disney's *The Princess and the Frog*, featuring the studio's first black princess. Though some dubbed it "unforgivably late" and "one-dimensional," others called the

At this rate, we'll have enough for a full-on feature in right about the time we've all moved to Mars

Filmmaker John Greyson



MALAYSIA CENSORS SCENE

Walt Disney has shelved the release of *Beauty and the Beast* in mainly Muslim Malaysia, even though film censors said Tuesday it had been approved with a minor cut involving a "gay moment."

The country's two main cinema chains said the movie has been postponed indefinitely. Film Censorship Board chairman Abdul Halim Abdul Hamid said

he did not know why the film was postponed as it was approved by the board after a minor gay scene was axed.

He said scenes promoting homosexuality were forbidden and that the film was given a P13 rating, which requires parental guidance for children under 13 years of age. THE ASSOCIATED PRESS

Beyond, the "suddenly gay" Cary Grant in the 1938 comedy *Bring Up Baby*.

"At this rate, we'll have enough for a full-on feature in right about the time we've all moved to Mars," jokes Greyson.

Some argue the LeFou storm is much ado about nothing and "it's just Disney," but for U of T's Sammond, that position is weak.

"When people say 'it's just Disney' they're ignoring a history that, for anxious parents in particular, is really significant," he says. "Disney has built its reputation as being good for children."

When new movies come out, parents often ask, will this be better for children's self-image?

The effect media has on children's lives is "notoriously impossible to gauge," says Sammond, but that doesn't mean moments like LeFou's gay dance should be brushed off.

"What matters more is that people believe it (affects their kids) and they bring that idea to their viewing of Disney films," he says. TORSTAR NEWS SERVICE



BOX OFFICE

Get Out's scary good run continues

There have been monster gorillas and sharp-clawed superheroes at the box office this month, but the biggest beast of them all has been Jordan Peele's \$4.5 million, race-exploding thriller *Get Out*.

In just 16 days, Peele's low-budget self-described "social horror" film has already crossed the \$100 million mark. While *Get Out*, made by Blumhouse Productions and released by Universal Pictures, doesn't match the hefty global totals of *Logan* or *Kong: Skull Island*, few films can touch its extreme profitability—or its firm grip of the zeitgeist.

"*Get Out* isn't a Redbox, VOD, iTunes movie," Peele said recently. "If you don't see it with the theatre energy, you'll miss the full intended experience."

And moviegoers have taken the advice. *Get Out* made \$21.1 million in its third weekend, according to studio estimates Sunday, bringing its total to \$111 million. Whereas most movies—especially horror films—drop considerably after opening weekend, *Get Out* has barely slipped. It dropped about 15 per cent after its first weekend, and 25 per cent after its second.

Get Out, which is the directorial debut of the former Key and Peele star, first led the box office the same weekend *Moonlight* won best picture at the Academy Awards. It also follows the spectacular success of the Oscar-nominated *Hidden Figures*, which has made more than \$160 million since its debut.

For those who still cling to the old stereotype that films led by black actors are limited at the box office, 2017 is making an already difficult to defend notion downright ridiculous. And *Get Out* has done it without a big

name; it stars British actor Daniel Kaluuya as an African-American photographer whose white girlfriend (Allison Williams) brings him home to meet her family.

In some ways, *Get Out*—where deep and violent racism is papered over by smiles and protests of liberal enlightenment—suggests the movie theatre is already a different place since before Donald Trump's presidency. Peele conceived of his movie years ago as a rebuke to the Obama-era idea of a post-racial America, but it has struck many as an unusually timely film.



Get Out passed the \$100 million mark last weekend, reaching that milestone in 16 days. AP

"*Get Out* shows how the public racism of (the civil rights era) has hidden itself by burrowing like a ravenous tapeworm into the bowels of America, growing fatter each year as it feeds off good intentions and bad faith," Kareem Abdul-Jabbar wrote in a *Hollywood Reporter* column that called *Get Out* 'Invasion of the Black Body Snatchers' for the Trump era. THE ASSOCIATED PRESS

Buttery scones that are fit for a saint

RECIPE

Moist and flaky Irish variation best served up with salty fish

Is it not enjoyable to take advantage of another culture's holiday to explore new recipes and treat yourself to something delicious? It is. And is St. Patrick's Day not right around the corner? As the Irish might say, 'tis.

Moist, biscuity Irish scones, lashed with rich butter and a few slices of smoked salmon, top many lists of Irish culinary yearnings this March 17.

European-style butter makes a big difference in this dish; it has a slightly higher butterfat content than everyday supermarket butter. If you're sticking close to the theme, look for good Irish butter.

As with biscuits or really any quick bread, the less you handle the dough, the better. Overmixing or kneading will activate proteins in the flour, toughening your resulting baked goods. The dough might seem sticky; just work quickly and make sure your work surface is well dusted

with flour. Lightly dust the top of the dough, too, so your fingers won't stick to it.

These scones are not too sweet, as their intended filling is smoked, salty fish. For a sweeter plain scone, add another tablespoon or two of sugar.

Irish Scones With Smoked Salmon

Makes 10

Ingredients:

- 3 cups all-purpose flour, plus more for patting out dough
- 2 tablespoons sugar
- 1 tablespoon baking powder
- 1 teaspoon kosher salt
- 3/4 cup (1-1/2 sticks) chilled unsalted butter, cut into pieces
- 1 cup whole milk
- 1 egg yolk
- 1 whole egg
- About 3 tablespoons softened unsalted butter, for serving
- 1/2 pound good-quality smoked salmon

Directions:

1. Heat oven to 400 degrees. Line a baking sheet with parchment. Lightly flour a clean work surface.

2. In large mixing bowl, stir



These scones are not too sweet as their intended filling is smoked, salty salmon; if you're trying to be super authentic, source some wild Atlantic salmon — adored in Ireland. CONTRIBUTED

together flour, sugar, baking powder and salt. Using a pastry cutter, two knives or your fingers, cut butter into flour mixture until mixture resembles coarse cornmeal, with no piece of butter larger than a pea.

3. In small bowl, combine

milk and egg yolk. Stir into dry ingredients just until mixture comes together.

4. Turn dough onto floured work surface, and roll or pat out to 1-1/4-inch thick. Cut 2-1/2-inch circles with biscuit cutter, as close as possible to one another. Gently pat

together scraps and cut out another 2 or 3 circles. Place pieces on prepared baking sheet at least 1 inch apart.

5. Beat whole egg with 1 teaspoon of water in small bowl and brush lightly on tops of scones.

A CUT ABOVE

What does it mean to "cut" the butter into the flour mixture?

The butter is added cold, in small pieces, and is incorporated into the dry ingredients so that it is well distributed but maintains a pebbly texture.

That way, when the scones bake, the butter melts into the dough and creates flaky scones with tiny pockets of air to keep the texture light.

Use a pastry cutter, two butter knives or quick rubbing movements with your fingers to work in the butter without creaming it into the dough, which would create a denser scone.

6. Bake until golden brown, about 15 minutes. Transfer to wire rack to cool.

7. Split scones in half, then spread with butter and layer bottom halves with salmon. Replace tops.

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Though it makes its fair share of whites worth trying, it really is a red-centric country. To get a taste for three of its primary red grapes try Monasterio de las Viñas' 2005 Gran Reserva (\$17.95-\$22.99).



The longest running liquid-themed joke in Canada over the last few years has been that Spanish wine will be the next big thing. While wine writers, me included, have predicted the rise of Spain over and over, you, the consumer, kept getting distracted by something shinier from elsewhere.

Well, with sales at an all-time high, the reign of Spain has finally come. It deserves the attention.

One of the largest wine producers on Earth, the variety of juice it pumps out is

a blend of Garnacha, Tempranillo and Cariñena, the fruit spends an unprecedented 24 months in oak before seeing bottle. You'd be hard pressed to find a wine this old, smooth and inexpensive from any other country.

Prices reflect the range across the country. Some products may not be available in all provinces.

RAPINI ON RISE

Green tries to put kale in the superfood shade

Rapini, a.k.a. broccoli rabe, is out to "rabe" kale of its superfood status.

To achieve this feat, marketers for D'Arrigo Brothers' Andy Boy brand have cooked up dozens of new ways to prepare the former wild mustard green, which the original Andy Boy domesticated back in the 1930s.

Rapini contains more iron and fibre than kale, twice the zinc of Swiss chard, and beats spinach as a source of calcium. It's low in calories and high in Vitamin A, the anti-wrinkle vitamin. At nearly 93 per cent water, it also helps us feel full longer.

D'Arrigo sales specialist Claudia Pizarro-Villalobos says the recipe campaign has helped broaden rapini's appeal. She's especially excited about Andy Boy's latest smoothie, which pairs the bitter green with almond butter, hemp seed, almond milk and dates.

This powerful green adds a bold flavour to classic Italian recipes like hearty pasta with sausage.

TORSTAR NEWS SERVICE

DRINKING

Ireland the perfect gateway to whiskey

Irish whiskey used to be the liquor world's original two-party system. You could have a Jameson. Or you could have a Bushmills.

Those days are well and truly over. With dozens of choices at most liquor stores, lucky revelers this St. Patrick's Day will have no shortage of options for when they want to raise a glass of Irish. That's a fraction of what's available globally, of course.

But back to Jameson for a moment. To a sizable degree, Jameson is responsible for the Irish whiskey boom. Many bartenders still make it their shot of choice because of its blue-collar appeal (it's like Pabst Blue Ribbon for beer drinkers). And it's because of that blue-collar thing that Jason Masse, head bartender at Allen's, one of Toronto's best-known Irish bars, says Jameson was always more popular than Bushmills.

"I think



Jameson is still the go-to in that it's the original and I think it was most peoples' first foray into Irish whiskey," Masse says. "Irish has certainly come a long way, though, and there's certainly a much more diverse selection now."

Masse has seen a tremendous uptick in patrons looking to try something new. He says you can't ever go wrong with Redbreast, which he calls "quintessential Irish."

Like something more complex and creamy? Then Green Spot is your ticket. And for people who favour simplicity, a straight-up, classic, sweet flavour profile of Writers Tears is perfect. Masse says it's hard to err with Irish, which is why, whenever he has a guest who wants to learn about whiskey, he almost always starts them with that spirit.

"It's generally very smooth," he says. "It's the perfect gateway whiskey." TORSTAR NEWS SERVICE

ROSE REISMAN THE SAVVY EATER



THIS WEEK: Chicken and rice soup vs chicken corn chowder

A hearty soup doesn't have to be full of fat.

PICK THIS

Campbell's Chunky Chicken with Rice (per 250ml)

Calories 110
Fat 2.5g
Saturated Fat 1g
Sodium 770mg



SKIP THIS

Campbell's Chunky Chicken Corn Chowder (per 250ml)

Calories 300
Fat 19g
Saturated Fat 4g
Sodium 850mg



HERE'S WHY

Equivalent in fat to 2 Grilled Chicken Sandwiches from Wendy's



A warm bowl of soup containing chicken and veggies is always comforting and satisfying. While both of these soups offer that, the cream in the Chicken Corn Chowder takes this from meal to mayhem, with over seven times more fat and three times the calories, simply due to the cream and butter. Using just broth as the base, the Chicken with Rice soup is sustaining without the extra calories and fat.

A slice of the black stuff

RECIPE

Guinness adds creamy, intense depth to cake

Happy St. Patrick's Day everyone! While I love green beer as much as the next guy, I like to celebrate Canada's Irish heritage with a bit more of a sophisticated flavour profile — what they like to call 'the black stuff.'

Enter my ooey, gooey chocolate-overload Guinness cake — you've never tasted anything like it. The addition of a generous pour of Guinness to the batter is the secret to this knockout cake's deeply caramelized flavour and melt-in-your-mouth texture. The crumb is moist and dark, but heavy and satisfying at the same time.

Chocolate Guinness Cake

Makes 12 servings.

Ingredients:

- 3 cups (450 g) all-purpose flour (more for pans)
- 2 tsp baking soda
- 1-1/4 cups (280 g) unsalted butter (more for pans)
- 1-1/4 cups (310 mL) Guinness beer or a local stout



This Guinness cake is a gooey chocolate overload. CONTRIBUTED

1. cup (100 g) cocoa powder
- 1-1/2 cups (315 g) lightly packed brown sugar
- 1/2 cup (105 g) sugar
- 1/2 tsp salt
- 3 eggs, lightly beaten
- 3/4 cup (180 mL) sour cream

For the ganache:

- 16 oz (450 g) dark chocolate, chopped
- 1/2 cup (125 mL) Guinness stout
- 2/3 cup (150 mL) 35% heavy cream
- 1/4 cup (60 mL) light corn syrup
- 1/2 cup (115 g) cold unsalted butter, diced

Directions:

1. With the rack in middle position, preheat oven to 350 F (180 C). Line two 8-inch (20 cm) springform pans with parchment paper. Butter and flour the sides.

2. In a bowl, combine flour and baking soda. Set aside. In a saucepan over medium heat, melt the butter with the beer and cocoa powder, stirring with a whisk. Let cool.

3. In a large bowl, combine brown sugar, sugar and salt. With a whisk, add the lukewarm butter mixture alternately with dry ingredients and eggs.

4. Add sour cream and stir until mixture is smooth. Divide batter among pans and bake for about 50 minutes or until a toothpick inserted into the centre of each cake comes out clean. Unmould and cool.

5. To make the ganache, place the chocolate in a bowl.

6. In a saucepan, bring beer, cream and syrup to a boil. Remove from heat and pour over chocolate. Let stand.

7. With a whisk, gently stir mixture until the chocolate has completely melted. Add the butter and stir until smooth. Refrigerate for 1 hour or until the ganache is spreadable but not too thick. If needed, microwave a few seconds at a time and stir until spreadable.

8. Cut and discard the rounded tops of each cake. Spread one-quarter of the ganache onto one layer.

9. Top with the second cake layer and frost with the remaining ganache.

TORSTAR NEWS SERVICE

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No purchase necessary. Skill testing question required. Limit of one (1) entry per person per day. Contest open to residents of Ontario, British Columbia, Alberta, Manitoba, and Nova Scotia who (a) are 18 years of age or older as of the start of the Contest Period. One (1) prize is available to be won consisting of round trip airfare for two to New York City, hotel accommodations for two and two tickets to the World Premiere screening of Going In Style on Thursday, March 30th, 2017 in New York City. Approximate retail value of the Prize is \$6,500. The Contest Period begins at 2:00 PM ET on March 10, 2017 and ends at 11:59 PM ET on March 23, 2017. For complete contest rules, visit <http://www.wonderlist.ca>.



Rogue refresh won't unseat rivals



REVIEW

Superficial updates not enough to take the top spot



Dan Ilika
AutoGuide.com

The Nissan Rogue has gone from afterthought to in demand, climbing the sales charts to crack the top-five best-selling CUVs in Canada and the United States.

That means the Rogue is rubbing fenders with the likes of the Ford Escape and Honda CR-V. But as overhauled versions of both hit dealer lots in recent months — and a new Mazda CX-5 on its way in the near future — the Rogue seems suddenly outdated.

Which is where this mid-cycle refresh comes in. The Rogue looks even more like a baby Pathfinder than before, but Nissan definitely played it safe with the update.

The cabin has been spruced up, slightly, to include a new flat-bottom steering wheel, as well as a new center console design, a new shifter, and some updated trim panels on the doors and dash. The fabric used on the seats has also been replaced, while a fancy new trim package adds quilted leather upholstery to top-of-the-line SL models.

As for the ride itself, it's a little stiff and truck-like, but does pretty well to absorb bumps in the road. The steering is a little vague, but the variable steering ratio is an added bonus and gives it a lighter feel at lower speeds, making it easier to maneuver.

With an updated look and little else, the 2017 Nissan Rogue isn't likely to unseat the segment-leading CR-V anytime soon.

THE CHECKLIST | 2017 NISSAN ROGUE

THE BASICS

Engine: 2.5 litre four-cylinder

Output: 170 horsepower, 175 pound-feet of torque

Transmission: Continuously variable auto

Fuel Economy (L/100 km): 9.6 city, 7.4 highway (AWD)

Price: \$35,793 as-tested (destination included)



LOVE IT

- Updated styling
- Reasonable ride

LEAVE IT

- Outdated infotainment system
- Pricey Star Wars package (pictured left)
- Whiney CVT

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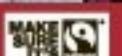


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Formula 1 legend unveils dream car

FITTIPALDI

Vision in yellow

Formula 1 legend Emerson Fittipaldi just unveiled the car of his dreams, the Fittipaldi EF7 Vision Gran Turismo at the Geneva Motor Show.

Fittipaldi partnered with Pininfarina, the Italian carrozzeria, and German engineering firm HWA AG on the superconcept. The sculpted all-carbon shape is staggeringly pretty, ruthlessly functional and focused in racy kinda way. The EF7 promises professional level performance. It will have a limited production run with bespoke options; it's unlikely two EF7s will be alike. MICHAEL ACCARDI/AUTOGUIDE.COM



RACEMO

Let's get phygital

Indian automaker Tata Motors has introduced the sub-brand Tamo at the Geneva Motor Show.

The first of Tamo's innovations is Racemo, a two-seater sports coupe the company calls the first globally developed "phygital" car, merging the physical and digital worlds. Thanks to Microsoft, the Racemo is also India's first connected car, bringing alive connected technologies like cloud computing, analytics, geo-spatial and mapping, as well as human-machine interface. There's also a race version called the Racemo+. JASON SIU/AUTOGUIDE.COM



GETTY IMAGES

WHEELS ROUNDUP

News driving the auto industry brought to you by AutoGuide.com



CONCEPT

Orchid inspires hypercar

The Vanda Electrics' Dendrobium has a top speed of over 300 km/h. But that's not all.

Coming from Singapore, the Dendrobium was developed with the help of Williams Advanced Engineering. The company says the hypercar can go from zero-to-95 km/h in just 2.7 seconds while pushing out 1,000 horsepower. The car serves as a high-performance halo project for Vanda Electrics. With a striking design, the Dendrobium certainly looks the part of a hypercar, especially with all the doors opened. The synchronized door mechanism was inspired by a genus of orchids native to Singapore, which is where the Dendrobium name comes from. JASON SIU/AUTOGUIDE.COM



ALL PHOTOS HANDOUTS EXCEPT WHERE NOTED

+ AUTO NEWS

Ford using whoopee cushion concept for seat comfort

A patent filed by Ford reveals a bladder system for seats. The automaker applied for the patent on September 3, 2015, but it wasn't published until now. Ford is looking to incorporate a seat bladder between a support and trim material face that is positively pressurized (filled up) when the seat is unoccupied. The system uses an elastomeric reservoir paired with the seat bladder via a fluid line.

Basically, when no one is sitting on the seat, the bladder is filled with air so that the seat appears to be flat. But once a passenger sits down, the air is moved out of the bladder and into a reservoir allowing the passenger to sink lower into the seat, providing comfort as well as headroom. JASON SIU/AUTOGUIDE.COM

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IN BRIEF

Japan moves closer to WBC championship round

Tetsuto Yamada hit two home runs to lead Japan to an 8-5 win over Cuba in the World Baseball Classic on Tuesday.

Two-time champion Japan improved to 2-0 in Pool E and can advance to the March 20-22 championship round in Los Angeles with a win over Israel (1-1) on Wednesday. The top two teams in the group advance.

THE ASSOCIATED PRESS

Price likely headed for DL

Boston Red Sox left-hander David Price is likely to start the season on the disabled list because of his sore pitching elbow.

Starting the second season of a \$217-million, seven-year contract, Price has not yet appeared in an exhibition game.

THE ASSOCIATED PRESS

Hightower's free-agency tour stops off in Pittsburgh

Coveted free agent linebacker Dont'a Hightower's tour hit Pittsburgh on Tuesday, but Hightower left the team's facility without signing a deal.

The Steelers announced they hosted him after he spent Monday getting wooed by the New York Jets. Hightower spent most of the day at the team's headquarters, but left early in the evening without a deal imminent.

THE ASSOCIATED PRESS

Villanova feeling the pressure to repeat

MARCH MADNESS

Florida was last school to go back-to-back in 2006, '07

Kris Jenkins buried the three-pointer that sparked book deals, red carpet photo ops, a White House trip, a handful of award banquets and hundreds of perks that come with winning a national championship.

But the national title did come with a tinge of pressure that lingered into this season — can Villanova beat the odds and become the first back-to-back national champs in 10 years?

"It's always a reminder that everybody expects you to do it again," coach Jay Wright said. "That's part of the challenge. When people say it's hard to repeat, that's part of why it's hard to repeat, because you have to deal with those expectations all the time, those constant reminders of last year."

The reminders of April were impossible to ignore this season.

So were the warnings for the rest of the NCAA Tournament bracket that this season's Wildcats just might be better than last year's edition.

"I don't know if we're better," Big East player of the year Josh Hart said. "I just know that we're playing just as well at the end of the season."



Villanova players celebrate after **Kris Jenkins** sank the championship-winning three-pointer to defeat North Carolina last year in Houston. RONALD MARTINEZ/GETTY IMAGES

Duke, Kansas and North Carolina are championship favourites at the Las Vegas casinos. But the shot at basketball history has helped drive the Wildcats (31-3) toward becoming the first repeat champs since Florida in 2006 and 2007.

Led by coach Billy Donovan, the Gators were loaded with NBA talent and the five starters from the '06 team

bypassed the pros for a chance to repeat. Joakim Noah, Al Horford and Corey Brewer sacrificed NBA riches and helped the Gators breeze through the regular season and earn the No. 1 overall seed in the NCAA Tournament. Florida beat Ohio State in the title game and became the first program since Duke in 1992 to repeat.

"Anytime you win like that, and you have your whole starting team come back, the expectations change, and in a lot of ways, you get critiqued under a microscope, and sometimes, that can take the joy out of it," Donovan said. "It's like, you win, but you didn't win by enough. You lost, but you shouldn't. All those things get factored in."

The Wildcats, who won Big East season and tournament titles, are the first defending champion to earn the tournament's overall top seed since Florida in 2007. THE ASSOCIATED PRESS

FOOTBALL

Auclair draws American interest

The calculated gamble Antony Auclair took on himself is paying immediate dividends.

The Laval Rouge et Or tight end performed admirably at his pro day Monday in Quebec City despite a hamstring injury. Afterwards, Auclair said he'd been invited to visit with five NFL teams leading up to next month's draft in Philadelphia.



Antony Auclair

ULAVAL.CA

Auclair's agent, Sasha Ghavami, said Tuesday eight teams now want to meet with his client and wouldn't be surprised if that number swelled to double digits.

"It was kind of unorthodox to do it that way (compete despite injury) but it worked out for the best," Ghavami said. "The scouts were all very happy with how he did and were really impressed with his toughness."

"One thing that kind of opened my eyes came Saturday when a team asked Antony in an interview if he'd ever been hurt. Antony has been lucky in that he's never really been injured in football so he's never had to battle that adversity before in his career. I think (Monday) was a good test of that."

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Foxes into last 8, dreaming even bigger

CHAMPIONS LEAGUE

Long-shot kings Leicester put two past Sevilla to progress

The fairytale rise of Leicester touched new heights on Tuesday when the English champion reached the Champions League quarter-finals for the first time with a 2-0 home win over Sevilla.

Leicester's 2-1 deficit from the first leg in southern Spain was turned into a 3-2 victory on aggregate at an atmospheric King

Power Stadium thanks to Wes Morgan's close-range strike in the 27th minute and Marc Albrighton's goal in the 54th.

Sevilla — which had playmaker Samir Nasri sent off in the 74th minute on his second booking for a headbutt — would have taken the game to extra time if Steven N'Zonzi had converted a penalty in the 79th. Instead, it was saved by Kasper Schmeichel, who made amends for giving away the spot kick.

Exactly two years ago, Leicester was in last place in the Premier League after a draw with Hull.

Now, as the unlikely cham-

pion of England after winning last season's Premier League at odds of 5,000-1, the previously unheralded club from central England can look forward to being involved in Friday's quarter-finals draw in the Champions League with the likes of giants Barcelona, Real Madrid, Bayern Munich and Juventus.

Sevilla was looking to qualify for the Champions League quarter-finals for the first time but couldn't match the intensity of the home side. As for Leicester, life just gets better in its first season in Europe's top club competition. This was its third straight win under new

+ IN TURIN

Paulo Dybala's penalty earned a 1-0 win (3-0 on agg.) for Juventus over 10-man Porto in Tuesday's other Champions League quarter-final.

Dybala converted from the spot in the 42nd after Maxi Pereira was sent off for handling on the goal line.

boss Craig Shakespeare since last season's title-winning coach Claudio Ranieri was fired.

THE ASSOCIATED PRESS



Leicester's Marc Albrighton scores his team's second goal in the second leg against Sevilla. MICHAEL REGAN/GETTY IMAGES

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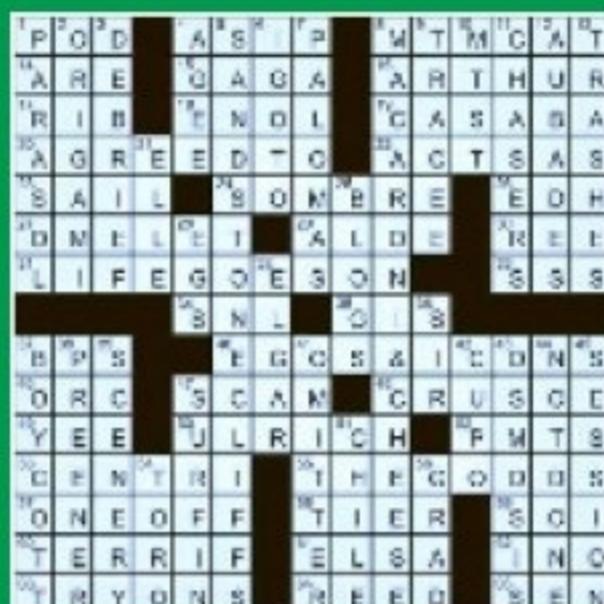


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*IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Avoid squabbles about money and shared property today, because they quite likely will be nonproductive. Who wants to get involved with this? Not you.

Taurus April 21 - May 21
For most of this day, the Moon is opposite your sign, which means you have to go more than halfway when dealing with others. This simply requires a little patience and co-operation.

Gemini May 22 - June 21
Do what you can to clean up your act and get better organized today. However, don't be too pushy about it, or you might get into an argument with someone at work.

Cancer June 22 - July 23
Romantic partners will have to be patient with each other today. Likewise, parents will have to be patient with their kids, because there will be moments of tension. Oh dear.

Leo July 24 - Aug. 23
You might want to hide or cocoon at home today. This is just fine. Nevertheless, avoid squabbles with a female family member. Keep a low profile.

Virgo Aug. 24 - Sept. 23
You are highly charged with energy today, especially when dealing with siblings and daily contacts. Remember to listen to others. Take it easy.

Libra Sept. 24 - Oct. 23
You have strong feelings about your money, your cash flow and your possessions today, which is why you might get into an argument with someone.

Scorpio Oct. 24 - Nov. 22
Today the Moon is in your sign, which brings you a little bit of extra good luck. However, this can create arguments with partners and close friends. Stay chill.

Sagittarius Nov. 23 - Dec. 21
You feel restless today. And because you feel restless, you might be mildly short-tempered with someone. Maintain your cool today. (You'll be glad you did.)

Capricorn Dec. 22 - Jan. 20
A conversation with a female acquaintance or friend will be significant today. What you want to do is avoid an argument, because that's no fun. Be cool.

Aquarius Jan. 21 - Feb. 19
Disagreements with bosses and parents might break out at some point today. Don't say anything you will later regret. Be smart.

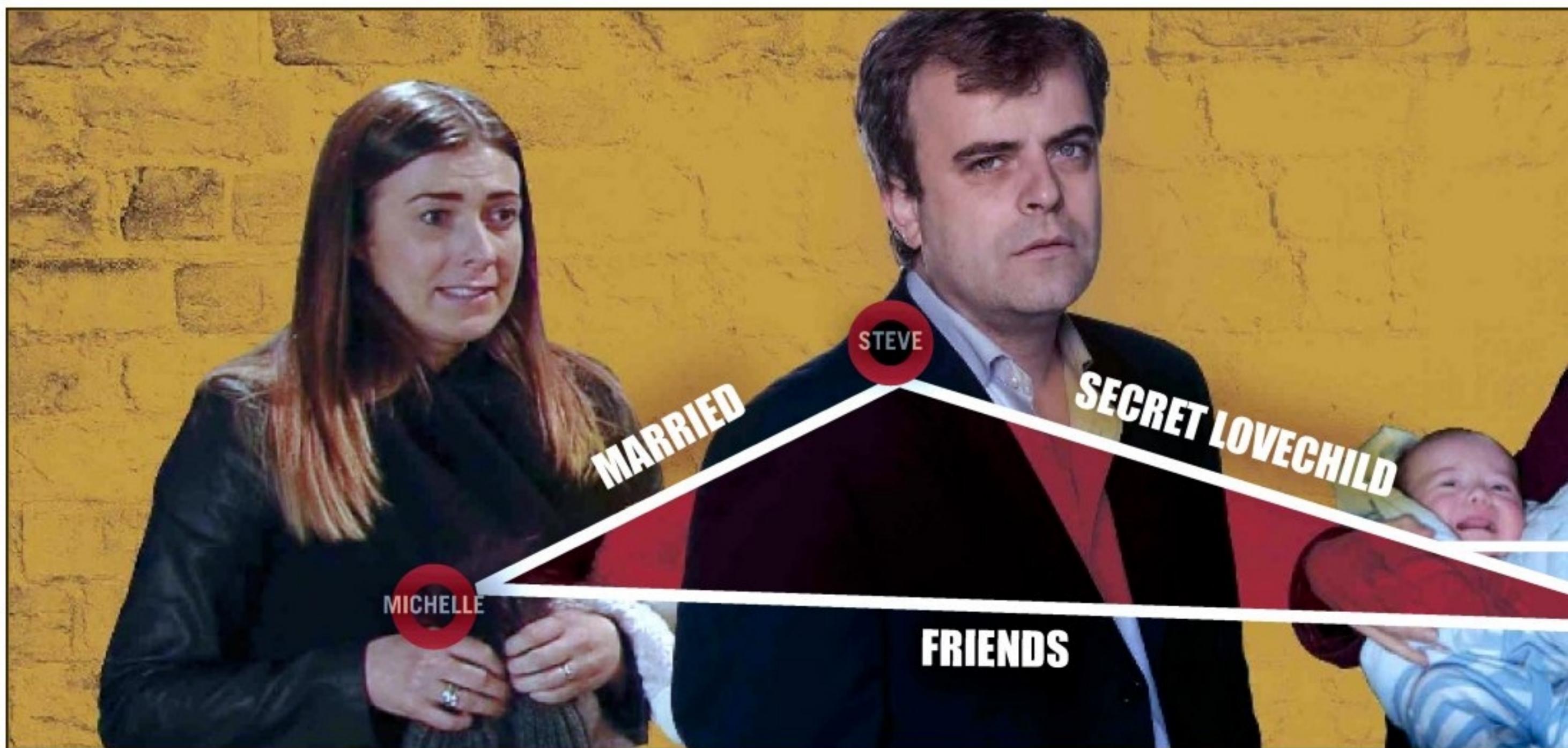
Pisces Feb. 20 - March 20
This is an argumentative day for many people, because the Moon is opposite Mars. Don't get sucked in by this. Be your cool, sweet and charming self.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

| | | | | |
|---|---|---|---|---|
| 2 | 1 | | 5 | |
| 9 | 4 | | 2 | 6 |
| | 3 | | 7 | 1 |
| 8 | | 5 | | 7 |
| | 1 | | 4 | 8 |
| | 7 | | 3 | 2 |
| 3 | 4 | | 5 | |
| 2 | 8 | 5 | | 3 |
| 6 | | 1 | 9 | |

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Find the words:

DRAMA DRAMA
DRAMA DRAMA
DRAMA DRAMA

•CORONATION ST.•

WEEKNIGHTS 7:30

MAKE IT TONIGHT**Fresh Grilled Shrimp Salad**

Ceri Marsh & Laura Keogh
For Metro Canada

If you keep frozen shrimp in the freezer, you're one step closer to a fibre- and protein-rich dinner salad

Ready in 1 hour

Prep time: 30 minutes

Serves 4

Ingredients

- 1 Tbsp vegetable oil
- 1 Tbsp lime juice
- 1 tsp soy sauce
- 1 tsp sesame oil
- 2 cloves of garlic minced
- couple of grinds of black pepper
- 1 pound large shrimp
- 4 or 5 wooden skewers
- 2 or 3 cobs of corn
- 1 x 19 ounce can black beans
- 1 red pepper, diced
- 1/2 cup chopped cilantro
- 1 avocado, diced
- 4 Tbsp vegetable oil
- 3 Tbsp lime juice
- 1/2 tsp salt
- 1/2 tsp cumin
- 1/4 tsp pepper
- 1 head Boston lettuce,

washed, spun and chopped

Directions

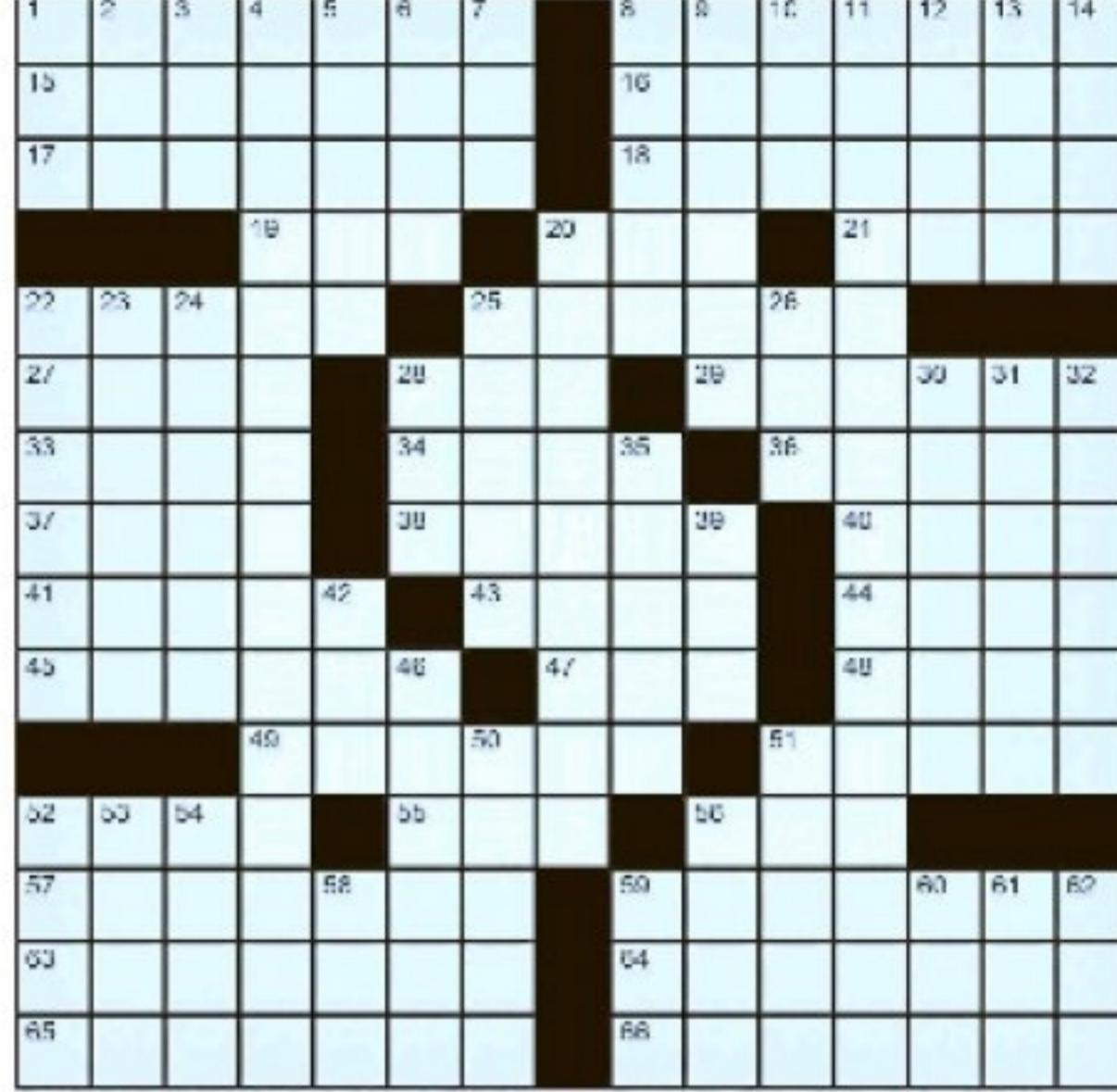
1. Mix vegetable oil, lime juice, soy sauce, sesame oil, garlic and pepper in a bowl. Add shrimp, cover, and place in the fridge for about an hour. Soak skewers.
2. Oil grill and turn on high. Place corn on top and cook 15 to 20 minutes, turning every 5 minutes. Remove and allow to cool before slicing off the kernels. Mix corn, beans, chopped peppers and coriander in a bowl. Fold in avocado. Whisk oil, lime juice, salt, cumin and pepper. Dress the bean mixture.
3. Take shrimp out of fridge and put about three on each skewer. Barbecue for about six minutes. Allow to cool slightly before sliding them off the skewers.
4. On a serving plate, arrange the chopped lettuce and pile the beans and grilled shrimp on top.

FOR MORE MEAL IDEAS, VISIT
SWEETPOTATOCHRONICLES.COM**CROSSWORD Canada Across and Down**

BY KELLY ANN BUCHANAN

ANSWERS ONLINE
metronews.ca
ACROSS

1. "The ___ Always Rings Twice" (1981)
8. Cheekier
15. Castle fortress town in Portugal near the Spain border
16. Get
17. Nicely-illuminated
18. Vocalist's spans
19. Old music high note
20. "Face/Off" (1997) director John
21. One of a breath mint brand
22. Be noncommittal
25. Van Morrison song
27. Gym activity [abbr.]
28. Singers Scary or Sporty
29. Like 'light' food
33. Coca-__
34. ONS opposites
36. Clay-upon-clay creation
37. Gentleman's gesture, ___ of the hat
38. Badger
40. ___ go Bragh!
41. Actress, ___ Campbell-Martin
43. Ostrich-like bird
44. AD = ___ Domini
45. Canyon communicator
47. Former
48. Red __, Alberta
49. Who? What? Where? When? Why?: 2 wds.
51. __ River, Nunavut
52. Not kosher
55. '80s scandal-ridden



teleevangelism org.
56. '100 Years...' movie org.
57. Natural home in the environment
59. "Star Trek: Voyager" actress Kate
63. TV personality/actress Carmen
64. Stopped, as pro-

duction: 3 wds.
65. Variant-spelled namesakes of baseball great Mr. Jeter
66. Blue box items
DOWN

choices
4. 1900-built heritage site in Whitehorse that was a communications hub: 2 wds.
5. Thousand: French
6. Sarah McLachlan tune
7. Natalie Cole's father

8. Sweeper
9. Move away in shock
10. Play part
11. Uniquely-named beacon in PEI overlooking the Northumberland Strait: 3 wds.
12. Bee's abode
13. Best ___ (Greatest)
14. Breather
20. It's a call in the wild: 2 wds.
22. ___ Strait (It separates Haida Gwaii and mainland BC)
23. Demi Moore's dancing style in "Striptease" (1996)
24. "Yum-yum!"
25. Hold over
26. Headshakes
28. Gang
30. Art of "The Honeymooners"
31. Fashioned as some skirts
32. Edgar Allan Poe poem
35. Covers the falcon's eyes
39. Small amount
42. First three vowels
46. Campground for certain campers, curty: 2 wds.
50. Singing legend Ms. James'
51. Piano's B key alternatively: letter + wd.
52. "Kathy Griffin: My Life on ___-List"
53. Rattling breathing sound
54. Celebrity hairstylist Jose
56. Car
58. Transport for T.O. commuters
59. Literary fairy queen
60. Early-'60s singer Mr. Donner
61. 'Client' suffix (Patronage)
62. Scale amts.

**CORONATION ST.****WEEKNIGHTS 7:30**

THE DRAMA NEVER STOPS



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